

More than **200,000 people** are diagnosed with Type 2 diabetes every year – and that means the risk of serious health complications and early death.

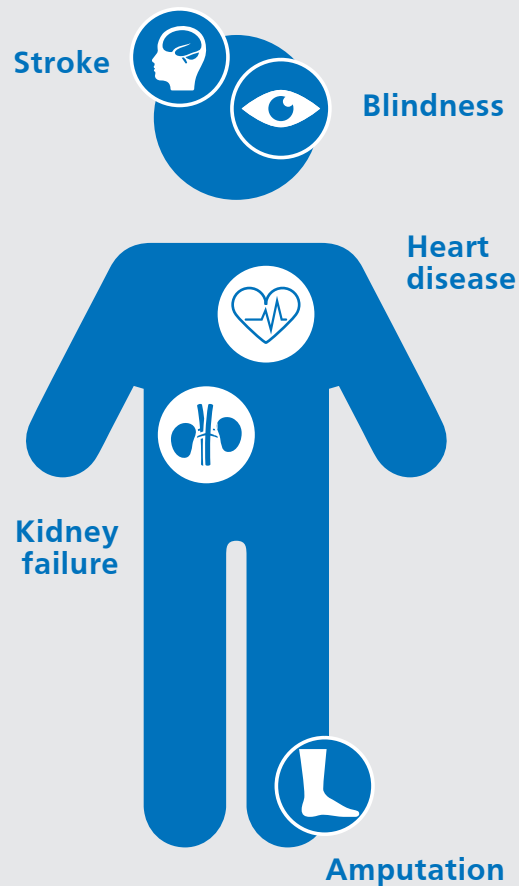
Modern life can make it hard to be healthy but for many people Type 2 diabetes can be prevented by making small lifestyle changes.

Diabetes is a leading cause of vision loss and blindness in people of working age. It is also responsible for most cases of kidney failure and lower limb amputation (other than accidents), and people with diabetes are up to five times more likely to develop heart disease or have a stroke than those without diabetes.

However, Type 2 diabetes can be prevented by:

- Managing your weight
- Eating healthily
- Being more active

## Effects of diabetes



Making small changes to your lifestyle now can make a big impact on your future health – and having experts to help you make the right choices along the way can make it even easier.

## HEALTHIER YOU

**NHS Diabetes Prevention Programme is a free programme for those who are at risk of developing Type 2 diabetes.**

You can get help to make positive changes to your diet, weight and physical activity to significantly reduce your risk of, or even stop you, developing Type 2 diabetes.

You can find out if you are at risk of developing Type 2 diabetes by:

- Answering a few simple questions on the 'Know Your Risk' tool at [www.diabetes.org.uk/risk](http://www.diabetes.org.uk/risk)
- Taking up the offer of a free NHS Health Check to assess your risk of Type 2 diabetes, cardiovascular disease and other conditions such as high blood pressure (available for those aged 40-74)
- Asking your GP or Practice Nurse to check if you are at risk

If you are at risk and would like to attend the NHS Diabetes Prevention Programme please ask your GP or Practice Nurse to refer you.

# Are you high risk?

High risk groups include people who are overweight, people from South Asian, African-Caribbean or Black African descent and men aged over 40. You may also be at risk if you have a family history of diabetes or have ever had high blood pressure.

Around 200,000 people are diagnosed with Type 2 diabetes every year – you don't need to be one of them.

Make small changes to your lifestyle now and start your journey to a Healthier You with the Healthier You: NHS Diabetes Prevention Programme.

## Did you Know?

The average person diagnosed with diabetes in their 50s is likely to die six years earlier than someone without diabetes.

# HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

**Find out more**  
 about the NHS Diabetes Prevention Programme at [www.england.nhs.uk/ndpp](http://www.england.nhs.uk/ndpp)  
 Follow the NHS Diabetes Programme on twitter  
 @NHSDiabetesProg  
 #PreventingType2

The Healthier You: NHS Diabetes Prevention Programme is a joint initiative from NHS England, Public Health England and Diabetes UK.

# Start your journey to a HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME



**Health Solutions**

#PreventingType2